

Grilled Vegetable Packets

Makes: 5 servings

Ingredients

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green, seeded and sliced)
- 1/4 cup Italian salad dressing, light
salt and pepper (optional, to taste)

Directions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

Notes

Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	3 g	5%
Protein	5 g	
Carbohydrates	30 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	130 mg	5%

Use herbs or spices in place of dressing-Chili power,
Italian or oriental seasoning, basil, oregano, curry powder-
be creative!

Connecticut Food Policy Council, Visit Website